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Even virtual worlds aren't safe from NSA

Intelligence operations spying on gamers, reports say [PAGE 12](#)

NOTE: SAVE AIRING OF GRIEVANCES FOR FESTIVUS

AUTHOR GIVES TIPS ON HOW TO SHINE AT YOUR OFFICE HOLIDAY PARTY [PAGE 21](#)



EDMONTON POLICE SERVICE

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VOICES OF CHRISTMAS

Students from Crawford Plains School in Edmonton perform Christmas carols inside city hall on Monday. City hall will play host to concerts for the rest of the week between 10 a.m. and 2 p.m. from a variety of schools across the city. RYAN TUMILTY/METRO

EPS use Pinterest to return stolen items to owners

Social policing. New tool could soon be a mainstay in Alberta



STEPHANIE DUBOIS
stephanie.dubois@metronews.ca

Edmonton police are hoping if they "pin it," citizens can recover their stolen items.

As stated in a tweet posted Friday, the local police force will use Pinterest to "return items to their rightful owners."

Users "pin" and share photos they like on Pinterest, a social-media site that has worked well for other North American police forces.

The Kansas City, Missouri, Police Department — the first police detachment in the U.S. to turn to the social-media tool — uses the website to spread police information with

Pinterest's primarily female demographic.

"We thought it would make (officers) a lot more accessible and friendly," said Sarah Boyd, public-relations specialist with the Kansas City Missouri Police Department. "People use Pinterest for DIY (Do It Yourself) tips around your house; well here's DIY tips on (how) not to get robbed."

But a local social-media expert isn't sold on Pinterest's effectiveness involving crime and the general public.

"If I'm going to check Pinterest for the theft of my stuff, A) I have to be motivated to find the stuff, B) I need to have the ability to access Pinterest, C) I need a trigger to drive me to the Pinterest site itself. I don't know how many people have that trigger," said Ray Bilodeau, a marketing instructor with NAIT.

Edmonton Police declined to comment on the move prior

Keeping up with crime

"At least they're trying new methods, new ways to help people get their goods recovered."

NAIT marketing instructor Ray Bilodeau

to the official launch, which is expected later this week.

Calgary police are also looking at turning to Pinterest and photo-sharing website Flickr for 2014.

According to a July Semiocast social-media report, Pinterest has 70 million users, 79 per cent of those in the U.S., with just under four million from Canada. A Mashable.com article states that 68.2 per cent of Pinterest users are female.

Although an untested venture for many police forces, social-media experts say it's a good way to further lines of communication.

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U of A Mental Health Centre sees 20% increase in usage

Under pressure.
Students turned away due to limited resources



STEPHANIE DUBOIS
stephanie.dubois@metronews.ca

More University of Alberta students turned to the school's Mental Health Centre this past semester, with an overall

20 per cent increase in service demands, according to centre officials.

Providing "psychological and psychiatric services" to students, the centre had to turn some students away this past semester and re-direct them to similar community services after they were seen in triage.

"There's still students unable to get service in a timely fashion simply because there's more of a demand than there's a resource," said

Assessments

30-60

Students go through a 30 to 60 minute conversation with centre officials to assess their concerns prior to any psychological and psychiatric services.

Dr. Jake Tremblay, director of the centre.

Anxiety is the leading concern among students, explained Tremblay, who added

personal relationships and depression disorder counselling are also handled by centre staff.

University of Alberta Students' Union president Petros Kusmu knows several students who have accessed the centre, adding the increase in usage could be a result of several factors, including tough student life.

"Beyond the fact that we have rising costs, increased competition locally and internationally places a huge

amount of stress on students. It's pretty tough nowadays to be a student," he said.

The university's student union is campaigning to get a fall reading week to help alleviate some of the student life pressure. Some Ontario universities have recently adopted a fall break to help students de-stress, ranging in length.

"We're really hoping to get one here at the U of A and have a more proactive approach to mental health," said Kusmu.



Remembering Mandela: From Edmonton to South Africa

The city has unveiled a book of condolence for Edmontonians to offer their memories of Nelson Mandela throughout the week. The book will be available for residents to sign from 7 a.m. to 10 p.m. until Friday. A similar book is in place at the Alberta Legislature and residents can sign that one from 8 a.m. to 9 p.m. **RYAN TUMILTY/METRO**

1 NEWS

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Light the Bridge project seeks backstopped city cash

Last resort. Project organizers say city money unlikely to be used



RYAN TUMILTY
ryan.tumilty@metronews.ca

The Light the Bridge project will ask city councillors to backstop the project with \$250,000, but they insist the city's cash won't be spent.

At council on Wednesday, councillors will be asked to backstop the now \$2.5 million project with \$250,000 city funds, but organizer Dave Mowat said the group isn't going to stop fundraising.

"I am almost certain it will never be used, because the project itself takes six

months to get together," he said.

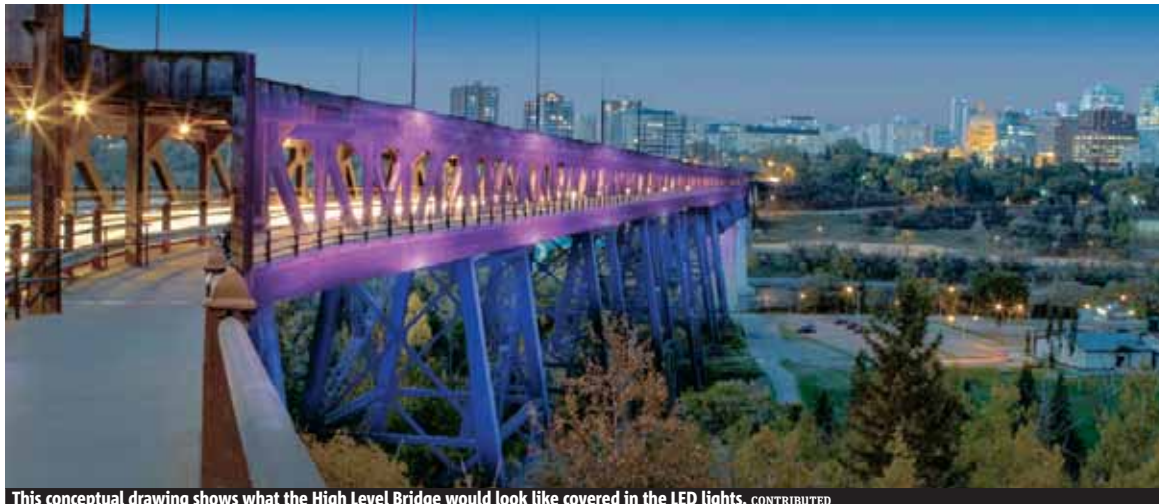
Mowat said the city's rules stipulate the order for the lights can't be placed until the money is in place. They group has raised \$2.25 million for the project and has a contractor willing to do the work for \$2.5 million.

"We have got a terrific price from the light manufacturer. They are keen to get the promotion of saying they did the High Level Bridge," he said.

He said if the funds aren't raised, the project can be scaled back, leaving part of the south section of the bridge uncovered.

Mayor Don Iveson said he's willing to hear the case for the city providing funding, but he doesn't want to see taxpayers on the hook.

"This started as a community initiative and I think



This conceptual drawing shows what the High Level Bridge would look like covered in the LED lights. CONTRIBUTED

it would be best if it can end that way," he said. "If there is some facilitation the city can provide to get a better

deal for all that community money, than I'm open to the discussion."

Iveson said one of the best

parts of this project is that it hasn't involved city funds and he hopes it stays that way.

"I would really like to be

able to point to this project at the end and say 'this was community driven and city facilitated.'"

Not enough city transit tickets to get around



ETS tickets were hard to come by earlier this week, because of high demand. The shortage should be resolved in the next few days. RYAN TUMILTY/METRO

A recent shortage in ETS tickets was the result of an, as yet unexplained, surge in demand, say city officials.

Some retailers ran out of ticket books earlier this month and the city had to scramble to order more tickets to keep up with demand.

"People started buying additional tickets in November and so we got a little low there, lower than we were comfortable with," said Gordon Dykstra, with Edmonton Transit.

He said the city briefly stopped taking orders from retailers, but they have addressed that issue now and most retailers should soon be re-stocked.

Dykstra said fear of a fare increase usually leads to a surge in demand, but it came at a different time of year than normal.

"Normally we get a spike in orders in January because people anticipate a fare increase in February," he said.

There is no fare increase

planned for next year, but Dykstra said that has never stopped surges before.


He said next year they will be ready for the surge earlier.

RYAN TUMILTY/METRO

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Oilsands. Neil Young to play benefit concert

Music legend Neil Young is playing four concerts in his native Canada to benefit a northern Alberta aboriginal band fighting oilsands development in its territory.

Canadian jazz singer and pianist Diana Krall will appear as a special guest.

Tickets for the January shows scheduled for Toronto, Winnipeg, Regina and Calgary go on sale Tuesday.

"The theme of the concerts is honour the treaties," said Athabasca Chipewyan First Nation spokesperson Ariel De-ranger. "All the ticket sales, all the proceeds from the concerts, not a single cent goes to anyone other than (the First Nation)."

Young made his opinion of oilsands development clear



Neil Young THE ASSOCIATED PRESS

when he visited the band and region last fall. He compared the sight of massive open-pit mines to Hiroshima after the nuclear bomb blast.

THE CANADIAN PRESS

Provincial campaign

Checkstop takes 70 drivers off the road

Following a provincewide Checkstop blitz over the weekend, Alberta RCMP stopped and checked 13,929 vehicles at 157 different locations. Starting Saturday and going into Sunday morning, police charged 35 motorists with impaired driving — 31 were issued roadside suspensions due to alcohol, with four issued roadside suspensions due to drugs. The effort was part of a Canadawide campaign.

METRO

Alberta

Councils to help guide decisions on First Nations women

The provincial government announced Monday it has established two special councils to support and strengthen the role of aboriginal and Métis women. The First Nations Women's Economic Security Council and the Métis Women's Economic Security Council will offer advice and recommendations to the government on how they can overcome challenges faced by the two groups. METRO



WIN House executive director Janine Fraser, pictured in a file photo, announced Monday that WIN III, a shelter for immigrant, refugee and human-trafficked women and children will reopen in 2014 under the new name Carol's House. METRO FILE

Big donation to keep shelter open

Women and children.

After closing its doors in November, local shelter plans to reopen in 2014 thanks to a gift donation

Edmonton's only emergency shelter that serves immigrant, refugee and human-trafficked women and children is one step closer to reopening after receiving \$250,000 in funding from Renee Gouin-Katz.

Formerly known as WIN III, the shelter was closed ear-

Quoted

"(This donation) really speaks to how generous this community is and how people really see the value and need for our organization." Janine Fraser, executive director, WIN House

lier this year due to funding constraints.

WIN executive director Janine Fraser called the donation an "early Christmas present."

First opened in 2010 as a pilot project, WIN III received 2,800 crisis calls in 2012 and provided shelter for 409 women and 536 children.

Thanks to the gift from Gouin-Katz, the shelter plans to reopen in 2014. Fraser said shelter co-ordinators will continue to work to secure an additional \$170,000 for the total operational budget of \$420,000. WIN is currently working with Homeward Trust and the province for the additional funds.

The former WIN III will be renamed "Carol's House" in honour of Gouin-Katz's mother, Carol Gouin.

"WIN does brave and important work to help the most marginalized women and children in our community," said Gouin-Katz.

With a 10-bed capacity, WIN III provided housing for women up to 45 days due to the demographic of women the shelter served, including refugees and immigrants looking for Canadian sponsors. In Alberta, most shelters can only provide housing for 21 days. LEAH GERMAIN/METRO



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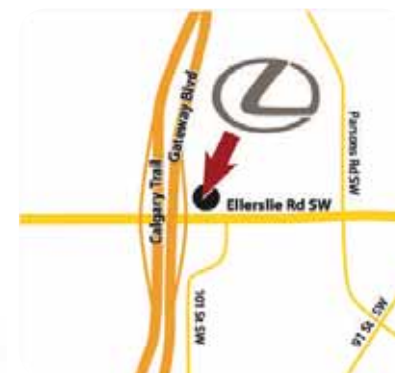
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From left: Mac Arthur Mti wears badges for sale with the image of late president Nelson Mandela in Johannesburg, South Africa, remember you"; a girl looks at a performer during an event to pay tribute to Mandela. MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

South Africa for Mandela

In mourning. World leaders to eulogize anti-apartheid icon

South Africa prepared Monday for a massive memorial in a soccer stadium honouring Nelson Mandela, where an eclectic mix of world leaders will eulogize the anti-apartheid icon before a crowd of nearly 100,000 mourners.

As a prelude to the stadium event, United Nations Secretary General Ban Ki-moon and retired Archbishop Desmond

Tutu spoke at an event at the Nelson Mandela Centre of Memory Monday night.

"What a fantastic gift God gave to us in this Mandela, who quickly became an icon, a global icon of forgiveness, of generosity of spirit," Tutu said.

At the Soweto stadium where Mandela made his last public appearance at the 2010 World Cup, workers busily constructed a stage protected by bulletproof glass for Tuesday's memorial.

Nearly 100 heads of state are expected at the 95,000-capacity FNB Stadium, where some mourners are

already camped out to be the first ones inside.

A program released by the South African government showed U.S. President Barack Obama would speak, as would UN Secretary-General Ban Ki-moon and Chinese Vice-President Li Yuanchao. South African President Jacob Zuma will give the keynote address.

Mandela died Thursday at age 95. After the stadium memorial on Tuesday, Mandela's body will lie in state at the Union Buildings, the seat of government in South Africa's capital, Pretoria, from Wednesday to Friday. **THE ASSOCIATED PRESS**

Canadian delegation arrives

Workers rush to prepare for memorial

Clouds hung over Johannesburg as a Canadian delegation arrived Monday to be part of the massive outpouring of grief and celebration following the death of Nelson Mandela.

Prime Minister Stephen Harper smiled and waved to a small gathering of South African and Canadian diplomatic officials as he stepped out of his plane onto a tarmac at Air Force Base Waterkloof, north of the city itself.

As the Canadian delegation made their way into the city, crews were still constructing the stage that will form the centre of what is expected to be a huge memorial for Mandela on Tuesday.

The Canadians flew for 18 hours to witness a country both suffering the pain of losing a world-renowned leader and swelling with the pride of having had him as president.

Harper will be joined at the memorial by former prime ministers Brian Mulroney, Jean Chrétien, Joe Clark and Kim Campbell.

"He had a wonderful sense of humour and the most magnificent smile," Mulroney said

as he recalled many private meetings with Mandela.

In the 1980s, Mulroney made Canada a key player in the struggle against the apartheid regime that had imprisoned Mandela for 27 years.

Chrétien followed up years later when his Liberal government made Mandela an honorary Canadian citizen, a symbol of Canada's respect for the man that still holds today.

Following the memorial in Johannesburg, the delegation will join a procession Wednesday in Pretoria, where Mandela's body lies in state.

THE CANADIAN PRESS



on Monday; soldier Lunga Mbatha writes a message for Mandela reading "rest in peace Tata (father) we will always love and

gets ready memorial

Security still a concern

Police promised "thousands" of officers would secure the stadium for Tuesday's memorial, though security appeared lax Monday.

- Officers will direct traffic, protect mourners and help the bodyguards of visiting dignitaries, Lt. Gen. Solomon Makgale, a spokesman for the South African Police Service, said Monday.

- "Whether we have 10

heads of state coming or 70 or 100, we do have the capacity and plans in place to facilitate their movement," Makgale said

- Makgale said a joint task-force of police, diplomats and intelligence service personnel have been making plans and talking to the foreign delegations who plan to attend the ceremony.

- Authorities expect overflow

crowds to watch the event at nearby stadiums as well, saying they'd shut off access if the crowds grow too large.

- Meanwhile, a private security firm called Sidas Security was still hiring guards for Tuesday's event on Monday, using a compact car as an office. Sidas manager George Mathabe said the company will have 1,500 guards on duty Tuesday.



Prime Minister Stephen Harper speaks with former prime ministers Brian Mulroney, left, Kim Campbell and Jean Chrétien on board a government plane travelling to South Africa on Sunday. Harper and the former prime ministers plan to attend the memorial for Nelson Mandela. ADRIAN WYLD/THE CANADIAN PRESS

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Conrad Black interviews Toronto Mayor Rob Ford on his show on Vision TV. CONTRIBUTED

Ford to Lord: I'll take a urine test

Conrad Black interview. T.O. mayor says police chief had beef over budget cuts

Toronto's embattled mayor claimed in an interview aired Monday evening that some of his recent controversies are rooted in political differences with police Chief Bill Blair over budget cuts he had once requested of all city departments.

"He (Blair) wasn't happy when I told people to find efficiencies. I think he was quite upset at that," Ford said in an

interview recorded last week with ex-media mogul Conrad Black which aired Monday evening on Vision TV.

"I definitely think this is political. I think that they use (Sandro) Lisi as a prop to get to me," Ford said.

Blair has previously denied such allegations by stating that his job is to investigate "without fear or favour."

The embattled mayor also told Black he's willing to submit to a urine test to prove he has no drugs or alcohol in his system.

"If they want me to do a drug test, a urine test, I'll do one right now," said Ford.

Ford also added a new

chapter to a long-running feud with the Toronto Star in the interview by claiming reporter Daniel Dale was taking pictures of his children at his home in west-end Toronto in May 2012.

"I have little kids. When a guy's taking pictures of little kids, I don't want to say that word, but you starting thinking you know, what's this guy all about."

Toronto Star editor Michael Cooke said in an email following the program that: "Just when you think Mayor Ford has said the most stupid thing ... he tops himself with another outrage."

THE CANADIAN PRESS

MP files complaint against senator's 'misogynistic attack'

A New Democrat MP has formally lodged a complaint against a Conservative senator for what she describes as a condescending, "misogynistic" personal attack against her.

Charmaine Borg has asked the Speaker of the House of Commons to rule that her ability to do her job as an MP was impeded by a letter sent to her last week from Sen. Jean-Guy Dagenais.

In the letter, which was copied to all MPs, senators and their staff, Dagenais characterized Borg as a whiny, ignorant, useless Quebec MP who was elected by fluke and stands little chance of being re-elected.

Dagenais' letter was sent in response to a flyer Borg sent out in her riding

NDP MP Charmaine Borg
SEAN KILPATRICK/THE CANADIAN PRESS

advocating the NDP's long-held belief that the Senate should be abolished.

Borg says she was particularly insulted by Dagenais'

suggestion that she should get some books from the parliamentary library to inform herself about the Senate before criticizing the institution.

Borg, who is 23 years old, says that's the kind of "old-school mentality" that discourages young women from entering politics.

"The overall tone of this letter suggests that I am simply a little girl who does not take her work seriously," Borg told the Commons on Monday.

Outside the chamber, Borg called the tone "very misogynistic," and added, "I think if I was an old white man, he wouldn't have attacked me."

The Speaker did not rule immediately on Borg's question of privilege.

THE CANADIAN PRESS

The red planet

Mars rover finds ancient lake

NASA's Curiosity rover has uncovered signs of an ancient freshwater lake on Mars that may have teemed with tiny organisms for tens of millions of years, far longer than scientists had imagined, new

research suggests.

The watering hole near the Martian equator existed about 3.5 billion years ago. Scientists say it was neither salty nor acidic, and contained nutrients — a perfect spot to support microbes.

The findings were published online Monday in the journal Science.

THE ASSOCIATED PRESS



A self portrait of the Mars rover, Curiosity NASA/THE ASSOCIATED PRESS

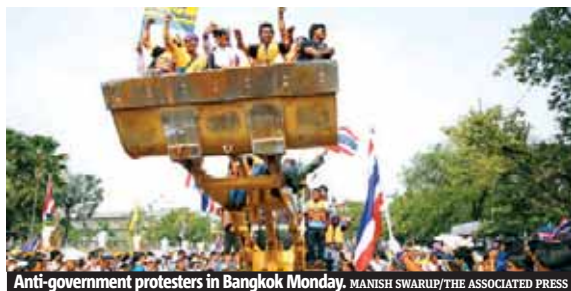
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Thailand PM calls elections amid unrest



Anti-government protesters in Bangkok Monday. MANISH SWARUP/THE ASSOCIATED PRESS

Political crisis. Yingluck Shinawatra dissolves lower house of Parliament as protesters vow they'll continue fighting to topple her

Desperate to defuse Thailand's deepening political crisis, Prime

Minister Yingluck Shinawatra dissolved Parliament's lower house on Monday and called early elections. But protesters seeking to topple her vowed to carry on their fight, saying they cannot win at the polls because of corruption.

A decree from King Bhumibol Adulyadej scheduled the elections on Feb. 2 and named Yingluck as interim prime minister until then. The protesters

Quoted

"We have given the power back to the people to decide and have elections according to the democratic system under the king."

Thailand Prime Minister Yingluck Shinawatra

demanding that she resign as caretaker and rejected the election date, putting the strongly royalist movement at odds with the royal decree.

Protest leader Suthep Thaugsuban, who faces an arrest warrant on insurrection charges, spoke to more than 150,000 followers at a stage outside Yingluck's offices, challenging authorities to "come get me!" **THE ASSOCIATED PRESS**

Egypt

Brotherhood leader denies inciting violence

The leader of Egypt's Muslim Brotherhood denied his group was to blame for violence as he appeared in court Monday for the first time since being detained after the ouster of the Islamist president last summer.

The trial against Mohammed Badie comes as authorities tighten a crackdown on dissent, arresting dozens of protesters in a raid on Al-Azhar University, Sunni Islam's most prominent educational institution.

Amid tight security Monday, Badie and 14 other

senior leaders of the group appeared for the opening of a trial focusing on July protests in which at least five people were killed.

Badie denied the Brotherhood was behind any violence, telling the court, "My group and I are not offenders or defendants. We are victims in the face of those that killed thousands of citizens and peaceful protesters."

Badie said dozens of his group's offices were torched during the protests against ousted Islamist president Mohammed Morsi. "My son was killed, my home was torched and shot at, and despite all that there is not a single investigation into this," he told the court.

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Ultra-Orthodox Jews protest Israeli military recruitment

An ultra-Orthodox Jewish man climbs a tree near Haifa, Israel, Monday, during a demonstration to support other ultra-Orthodox Jews who were detained for refusing to report to a military recruitment centre. Israeli police say more than a thousand people have protested.

ARIEL SCHALIT/THE ASSOCIATED PRESS



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Spy agencies kept eye on gamers: NSA leaks

Reports. Documents leaked by Edward Snowden reveal U.S., U.K. monitored online games

American and British intelligence operations have been spying on gamers across the world, media outlets reported, saying that the world's most powerful espionage agencies sent undercover agents into virtual universes to monitor activity in online fantasy games such as World of Warcraft.

Stories carried Monday by The New York Times, the Guardian, and ProPublica said U.S. and U.K. spies have spent years trawling online games for terrorists or informants. The stories, based on documents leaked by former National Security Agency contractor Edward Snowden,



Gamers play a game on the Xbox One console during the Electronics Expo 2013 in June in Los Angeles. New reports reveal American and British intelligence operations were spying on gamers. KEVORK DJANSEZIAN/GETTY IMAGES

offer an unusual take on America's world-spanning surveillance campaign, suggesting that even the fantasy worlds popular with children, teens, and escapists of all ages aren't beyond the attention of the NSA and its British counterpart, GCHQ. Spy agencies have long

worried that such games serve as a good cover for terrorists or other evildoers who could use in-game messaging systems to swap info. In one of the documents cited, the NSA warned the games could give intelligence targets a place to "hide in plain sight."

THE ASSOCIATED PRESS

Open letter to Obama

Major tech companies, stung by revelations that the U.S. government collects people's personal data on their networks, issued an open letter to President Barack Obama.

- As part of a global campaign to reform data collection, Google, Facebook, Apple and others said concerns over national security should be weighed against individual rights.
- "The balance in many countries has tipped too far in favour of the state and away from the rights of the individual — rights that are enshrined in our Constitution," the letter said. "This undermines the freedoms we all cherish. It's time for a change."

Selfie simulacrum. British art student creates scanned 3D self

Whether in a revolution, crime scene or dinner party, the selfie — Oxford Dictionary's word of the year — is an essential souvenir. British art student Lorna Barnshaw has taken the craze a step further with her Replicants project, capturing herself with the most advanced scanners and 3D printing herself in full size.

I read that you wanted to recreate reality. How close did you come?

Not very close, because the scanners create glitches, so this is more about showing where the technology is at the moment. I tried to step back and let the machines do the work but they struggled at times and couldn't get the back of the head right.

I tried all the available options but you can't recreate natural lighting so the face appears lifeless and cold. With photos you can see emotion in a real-life environment. In

a way this is what happens to us as we adapt and integrate with technology.

What does this say about human immersion in technology?

It's very strong and you can see that already with printed body parts and the augmented reality we can access. It's both exciting and scary, because technology has glitches. We are always trying to perfect it, but never satisfied.

Does the selfie craze prove we are all hopeless narcissists now?

It's about documentation of everything in life and gives you the appearance of control in it. We can create mirrors wherever we go.

What might you do with your replicant?

I'm sure it would make a good alibi. METRO WORLD NEWS

Stuck in the mirror stage?

Selfies are "about documentation of everything in life and gives you the appearance of control in it. We can create mirrors wherever we go."

British art student Lorna Barnshaw



Lorna Barnshaw's 3D selfie. COURTESY LORNA BARNSHAW

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CAN WE DROP THE REAL WOMAN CLICHÉ?

Last week a stranger asked me if I was expecting; I am not even remotely pregnant, although perhaps this is a sign I should lay off the boxes of holiday chocolates.

It was a harmless mistake I suppose — I think I was resting my hand on my stomach in a suggestive manner — but the incident did get me thinking about our willingness to comment so freely on other people's bodies, despite how inappropriate it might seem.

Bodies, especially female ones, are constantly in the public discourse. Fitness blogger Maria Kang (a.k.a. Fit Mom) caused quite a stir recently after posting a photo on her Facebook page in which she is flaunting her toned abs while surrounded by her three children and posing the question, "What's your excuse?"

Kang's narcissism and her finger-pointing at mothers who might try to justify a few pounds of leftover baby weight clearly didn't sit well with many individuals. And her follow-up 'Sorry, I'm not sorry' faux-apologies didn't win her any



SHE SAYS
Jessica Napier
metronews.ca

fans either.

Last week, Kang wrote a piece for Time magazine denouncing what she refers to as "the fat acceptance movement" and arguing that "fit women are real women, too." While her self-righteous, fat-shaming irks me, it's her usage of the "real women" cliché that really gets under my skin.

I am a real woman. I eat a salad every single day for lunch and work out on a regular basis. I also really enjoy pizza and doughnuts. I don't believe in Kate Moss' motto that "nothing tastes as good as skinny feels" because hip bones are never going to be as important to me as artisanal cheeses. But that's just me.

Kate Moss is also a "real" woman and yes, so is Maria Kang — although it's worth noting these particular women often have a little help from Photoshop in their public photos. It's problematic to suggest that some women are more authentic than others.

Not all "real women" have curves and yet we can't seem to

escape these sorts of absolutist expressions. Leggy, six-foot-tall supermodels with high cheekbones are still actual human beings — no matter how genetically impossible they might seem.

Some people applaud initiatives such as Dove's Real Beauty campaign that try and put "normal" women front and centre in the media, but I have a hard time getting on board with it. Of course I want to see a variety of bodies in mainstream advertising, but labelling them as "real" is just patronizing. Dove might be lauded for their efforts to include a diversity of models in their ads, but the message still elevates appearance over all other human qualities — which is probably understandable since at the end of the day they're still hawking body wash.

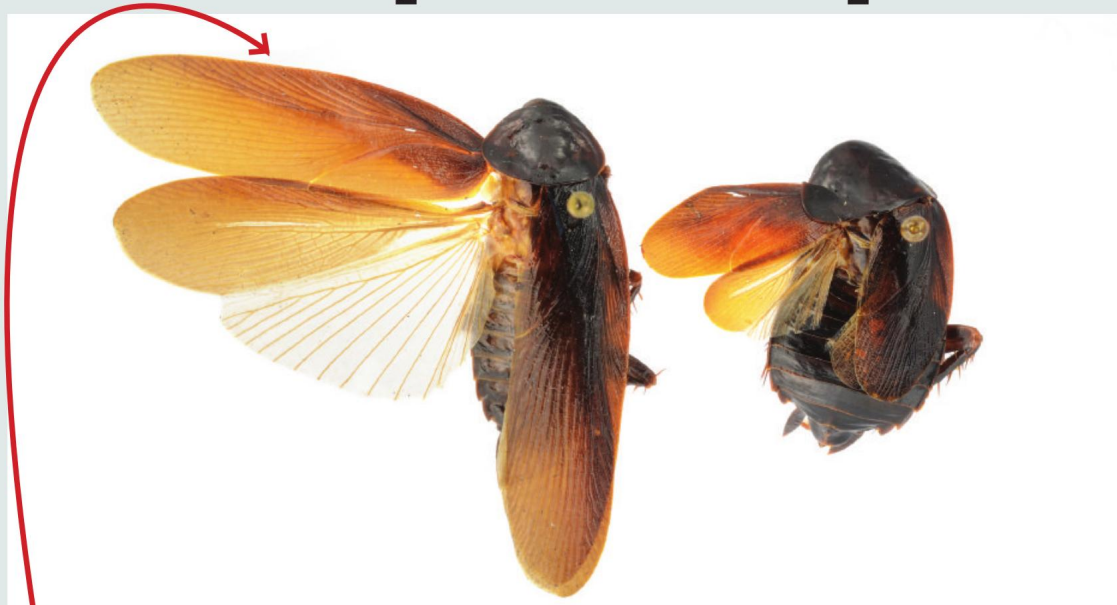
I'd love it if we could all stop using the "real women" cliché whenever we talk about bodies that deviate even slightly from the North American beauty ideal. All women, no matter their shape or BMI, are in fact "real" unless they come with a portable inflation pump.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Cockroach species turns up in NYC



UNIVERSITY OF FLORIDA/THE ASSOCIATED PRESS

Invasive insect can withstand winter

The High Line, a park that turned a dilapidated stretch of elevated railway on Manhattan's West Side into one of New York's newest tourist attractions, may have brought a different kind of visitor: A cockroach (pictured) that can withstand harsh, cold winter and has never been seen before in the U.S.

Rutgers University insect biologists Jessica Ware and

Dominic Evangelista said the species *Periplaneta japonica* is well documented in Asia but was never confirmed in the U.S. until now. The scientists, whose findings were published in the *Journal of Economic Entomology*, say it is too soon to predict the impact but that there is probably little cause for concern.

The newcomer was first spotted in New York in 2012, by an exterminator.

THE ASSOCIATED PRESS

Critter versus critter

"Because this species is very similar to cockroach species that already exist in the urban environment, they likely will compete with each other for space and for food."

Dominic Evangelista, Rutgers University insect biologist

Competition will likely keep the population low, because more time and energy spent competing means less time and energy to devote to reproduction.

No super species hybrid

- The scientists suspect the critter was likely a stowaway in the soil of ornamental plants used to adorn the park.
- The likelihood that the new species will mate with the locals is slim, Evangelista says because "The male and female genitalia fit together like a lock and key, and that differs by species."

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

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Gambitious:

With pages and pages of gaming projects (video, board, cards, you name it) on mainstream crowdfunding sites, it didn't take a genius to see where the coveted crowd cash lies. Gambitious unites game developers, investors and players to make these games happen.

Rock The Post:

Hobby projects need not apply. Rock The Post's niche is revenue-generat-

ing business and rejects about 90 per cent of applicants. So, if you just want a bit of cash so you can take your band and hit the road, this might not be for you (but there's hope, keep reading).

GigFunder:

Didn't get that artists' grant? GigFunder tries to help touring musicians fund their road trips. (Warning: Haven't seen too many successful campaigns to date.)



ISTOCKIMAGES

Twitter

@metropicks asked: Tamagotchi, a 90s electronic pet, will come back in 2014. What other toys should — or shouldn't — return?

@ColinHFX: MOON. SHOES.

@nicoleblancPR: Skiplits! Those things are a hazard!

@strangerob: I pity the store clerks who will have to deal with these damn things & the angry parents.

@turdwrastler: bring back lawn darts

@J_T_V_: THE JOCK JAMS CD SERIES

@ArCOWX: I still have mine!

@SmashSays: @VivienLily Should I preorder you one? Haha

@QRefProblems: Fraggles

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DVD review



Fast & Furious 6

Director. Justin Lin

Stars. Vin Diesel, Paul Walker, Dwayne Johnson

● ● ● ● ●

The recent tragic car crash death of Paul Walker makes Fast & Furious 6 the last possible film with one of its original main co-stars. It's one of the better sequels — meaning action-packed — of this 12-year-old franchise. Directed once again by a steadily improving Justin Lin (he also helmed chapters 3, 4 and 5), the film reunites the ol' gang of hot wheelers just when they think they've made it to early retirement. Walker's Brian O'Conner and Vin Diesel's Dominic Toretto are obliged to put down their pina colodas and rev their engines for a predictably ridiculous story about stopping a badass band of mercenary drivers. Joining the fray are Dwayne Johnson, Michelle Rodriguez, Jordana Brewster, Tyrese Gibson, Sung Kang and Chris "Ludacris" Bridges, plus new faces Gina Carano and Luke Evans. Will you believe that a sports car can speed out of a crashing cargo jet? No, but it's fun to watch, although you may get misty-eyed over the scenes involving Walker. Extras included: deleted scenes, an extended version of the film, a director's commentary and making-of featurettes.

PETER HOWELL

Sounds for the season

If you've been to the mall recently, you know it's beginning to sound a lot like Christmas. We understand if you've hit Jingle Bell Rock-bottom, but if you haven't, here are some festive sound suggestions.

PAT HEALY

Metro World News in Boston

Wrapped in Red: Kelly Clarkson

Listening to the first three songs on Kelly Clarkson's new holiday release is a lot like getting a detailed Christmas card from a good friend who you haven't thought of in a while. It's one part "Oh, hey, so that's what you've been up to" and one part "Oh, right, this is why I like you!" But if you keep listening it's a little bit like hanging out with that old friend for a long weekend. You get traces of "Oh yeah, that's what kinda always bugged me about you." Yes, her voice is every bit as remarkable as it was when she won the first American Idol. The highlight may actually be an original song, Winter Dreams (Brandon's Song), which she wrote for her husband.



A Mary Christmas: Mary J. Blige

Upon first glance, this album looks like such a no-brainer that you wonder why this didn't happen way sooner. Mary's soulful voice and that punny title are holiday gold, right? Not quite. Mary does sound great, but pianist and producer David Foster — best known for creating the Celine Dion sound and the Josh Groban sound — gives the whole collection too much of the Celine Dion sound and the Josh Groban sound. Maybe this compilation really should have happened sooner, and without David Foster.



Duck the Halls: The Robertsons

My initial reaction to any musical output from the family behind Duck Dynasty is one of "who let this happen?" But the weird thing is, it's actually pretty good. Kicking off with Ragin' Cajun Redneck Christmas, a song that Willie Robertson actually co-wrote, is a rootin' tootin' good time. Sure, they have plenty of hired hands from the country music genre helping out, but this is a fun album. Sadie and Uncle Si can't really sing and there are lyrics like "We bought every string of lights Walmart had" and "Like Jesus and Santa Claus, we've got love behind these beards" (in the same song!), but it's full of goofy cheer for anybody who always wanted to hear a follow-up single to Grandma Got Run Over by a Reindeer.



Psych-Out Christmas: Various Artists

The album cover features Santa with a spliff in his mouth, so it's no stretch to say this 17-song compilation is a real trip. It's contemporary psychedelic indie acts like Psychic Ills and Quintron and Miss Pussycat alongside veterans like Iggy Pop, providing mostly sincere — if not a little hazy — takes on holiday classics. Sleepy Sun's re-imagining of What Child is This? is so epic you'll feel as high as the star (or angel) atop your tree and want to see the figurines of the nativity set rocking out to it.



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Bob Odenkirk gets seriously funny

Nebraska. Comedian reunites with Will Forte for an Alexander Payne dramedy

MATT PRIGGE
Metro World News in New York

Along with David Cross, Bob Odenkirk is responsible for the sketch comedy landmark Mr. Show. But he's done plenty of drama — just the funny kind. His role as sleazy (but weirdly capable) lawyer Saul Goodman was one of the highlights of Breaking Bad. Nebraska reunites him with SNL favourite Will Forte, who he directed in The Brothers Solomon. But it's a serious comedy — a funny but moving study from Sideways's Alexander Payne of a family whose sons (Forte and Odenkirk) have to deal with an aging, stubborn, alcoholic father (Bruce Dern) who thinks he's won \$1 million. (He hasn't.)

How did you get involved in

The good ol' college try

"A lot of us who are making art, we're crossing our fingers behind our back, going, 'Hope this works.'"

Bob Odenkirk

a dramedy from a major filmmaker that reunites you with Will Forte?

I have auditioned for three of Alexander's films. I read for Sideways, and I read for About Schmidt, and I read for this. I love his work; I'm a huge fan. I felt very confident in playing Ross because I feel like I know him for a number of reasons — not the least because my father had an alcohol problem. My response to the whole experience was not unlike Ross's, which is anger and lack of forgiveness.

People make a big deal out of comics doing drama and vice versa. How do you feel about that?



Nebraska opens next Friday. CONTRIBUTED

I just look at the character and see if I can play him honestly — see if I can relate; see if I can understand where their energy comes from and what they're after. And that's all I concern myself with.

Is drama the same thing as comedy, generally speaking?

I probably have a harder time playing large on some of those sketch comedy stages that I perform on than I do playing smaller and internalizing. And by the way, Vince Gilligan gave

me the role of Saul Goodman because of Mr. Show, not for anything else. I think there's probably a couple things on Mr. Show where you can see the kind of commitment and modulation that a dramatic performance needs to have.

Did you ask him which sketches inspired him casting you?

I didn't ask him. I never want to look too close in the gift horse's mouth. I'm just like, "Whatever you say, Vince. Thank you." Then I walk away. I don't want to ask why these lunatics give me these opportunities, but if they want to keep giving me wonderful chances, I'll take them.

Being a film director yourself, what is it like working with someone like Payne?

I keep saying how confident Alexander is. And that's something that's refreshing and that only makes you feel more secure and able to risk and try things. A lot of filmmakers and a lot of us making art, we're crossing our fingers behind our back, going, "Hope this works!" I think Alexander Payne is not crossing his fingers. He does the work in every side of his filmmaking. I heard he spent a year finding locations. He's done the hard work.

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Kanye West ALL PHOTOS GETTY IMAGES

All quiet on the West front: Kanye wants you to know his tour is war zone-tough

Kanye West isn't sure everyone appreciates how dangerous his current tour is. "Like, I'm just giving off my body on the stage. I'm putting my life at risk, literally," West says in an interview with SaturdayNightOnline.com, citing some of the precarious set pieces involved in the live

show. "And I think about it. I think about my family and I'm like, wow, this is like being a police officer or something, in a war or something. Like you're literally going out to do your job every day, knowing that something could happen. Something can happen to you."

Spears thinks Chaotic was a crappy decision, but don't you dare diss Crossroads

Regrets? Britney Spears has a few. Her biggest, apparently, was documenting her relationship with ex-husband Kevin Federline on the short-lived 2005 reality series Britney and Kevin: Chaotic. Spears admits the show was a mistake. "I would never do something like that again," she tells the

Telegraph. "Actually, that was really bad. That was probably the worst thing I've done in my career." But she doesn't feel the same way about her big-screen debut, 2002's Crossroads. Asked if she's embarrassed about it, Spears shouts back, "No! I like Crossroads! F— you!"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Could Miley be the Person of the Year?

PAT HEALY
Metro World News

Time magazine's managing editor Nancy Gibbs announced the shortlist for Person of the Year on the Today show yesterday and one inclusion may surprise you: Miley Cyrus.

Yes, the person most famous for twerking all over our TV screens is in the running with President Obama, Pope Francis, Amazon found-

er Jeff Bezos, Syria's President Bashar Assad, Iran's President Hassan Rouhani, Texas Sen. Ted Cruz, Secretary of Health and Human Services Kathleen Sebelius, Edward Snowden and gay rights activist Edith Windsor for the title.

"Power is not just political. It can be cultural, it can be spiritual. She came in like a wrecking ball, literally," Gibbs said, trying desperately to have this make sense.

"At a time when you're living with an explosion of exhibitionism since we all now carry cameras with us at all times, she is a symbol of the way we live."

Will you Mary-Kate me? Olsen may be on her way to the alter



Mary-Kate Olsen

Is Mary-Kate Olsen getting ready to welcome a partner into her voluminous circle scarves?

The actress/twin/fashion person, 27, has been dating Olivier Sarkozy, the 44-year-old brother of France's ex-president Nicolas Sarkozy, for more than a year. Despite the 17-year age difference, the two are reportedly getting quite serious.

According to Page Six, Mary-Kate was recently spotted perusing diamond

engagement rings at the Neil Lane boutique in Los Angeles. Apparently, MK was drawn to platinum bands with large, cushion-cut gems, some as much as \$100,000 — "I don't think price was an issue," a source said.

Well, obviously not. They are the very definition of a power couple. One of them is the scion of an immensely powerful global dynasty, and the other one is Olivier Sarkozy.

Twitter



@mindykaling

The secret is if you stay late enough the lakers girls dancing gets sexier and they wear less clothes. They started in baggy verizon tshirts and now they're in like gold and purple string bikinis. It's the best



@tonyhawk

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Keeping pounds off with healthy holiday drinking

Sipping celebrations.

The Food Babe weighs in on what to avoid when you're attending those multiple holiday shindigs

ANDREA
PARK
Metro World News

Holiday parties are filled with good cheer, friends and of course, plenty of booze. Maybe you're looking for the cocktail or beer that will do the least damage to your body? Activist and blogger Vani Hari, also known as the Food Babe, talked to Metro about how to pick your poison during the holidays.

Beer

You'd be surprised by the "extras" some manufacturers add to your favorite beers. Hari called individual companies to ask for ingredient lists and found that some beers contain ingredients like corn syrup and caramel coloring. Caramel coloring is known to be carcinogenic. It contains a chemical called 4-methylimidazole, which has been linked to cancer in animals. Hari said beer manufacturers use caramel coloring to give the beers a "deep golden brown" colour that is typically achieved by using high quality hops. Newcastle is one brand that uses caramel coloring in its beers.

Hari said some of the



Celebrate all you want — just do it responsibly. ISTOCK PHOTOS

mass-produced beers that have corn syrup in their ingredients list include Corona, Miller, Coors, Pabst Blue Ribbon and Red Stripe. Heineken, Amstel and Sierra Nevada are a few popular brands that do not use genetically modified ingredients or other unsavory additives.

Even so, Hari recommended seeking out beers from local microbreweries first.

"Those smaller breweries are generally not using the crazy additives that other companies use to save money or produce faster," she said.

Go easy

Of course, the healthiest way to go is to avoid drinking when possible.

- A simple solution. "You don't have to drink at every holiday party," said

Hari. "If you have five parties in a week, don't feel like you have to drink at all of them. A club soda with lime on the rocks looks like a vodka tonic so you can blend in."

Wine

Not all wines are created equal. Hari said some wines are produced with poor quality grapes and can include preservatives, additives and

sulfites. Sulfites have been linked with allergic reactions and asthma. Hari suggested buying organic wines, which eliminate exposure to pesticides and other additives.

She likes drinking biodynamic wines by Frey and Robert Sinskey. "They take it up another notch by making wines that are biodynamic," said Hari. "You're not just drinking organic wine, but wine that's also environmentally friendly."

Hard alcohol

Again, Hari urged consumers to buy organic hard alcohol, as it's impossible to simply check an ingredients label for additives. "You're also not going to have genetically engineered corn or soy in the organic versions of liquors," said Hari.

Hari said your best bet is to go for the simplest spirits — flavored ones may contain artificial or natural flavors that can include a range of substances, including castoreum, which is sometimes derived from beavers' anal glands.

Agave plants are not sprayed with pesticides as much as other plants, thus agave-derived liquors like 100 per cent agave tequila (Patron is one brand) are "very clean," according to Hari.

As far as navigating cocktails at holiday parties, Hari said it's best to go for unflavored mixers as well, like soda water or 100 per cent juices.

"Stay simple," she said. "Juice is way better for you than Pina Colada or Bloody Mary mix. The holidays are a time to have a good time and let loose, so just minimize the damage by trying to pick the best drinks."

3 TIPS



Did you know **72%** of pain sufferers regularly have trouble sleeping?

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Half off

Half off: Active lifestyles

Ten weeks ago we introduced Metro Winnipeg editor Elisha Dacey who has teamed up with fitness professional Jordan Ciecwa and registered nutritionist Theresa Albert. Elisha wants to lose half of her body weight and has been writing about it in her online blog, Half Off.

Living an active life means being active in lots of real life ways, not just pumping iron or clocking miles on a treadmill. For Dacey, being active means clearing the driveway after it snows — and burning well over 300 calories per hour.

While she is doing her weights program two to three times a week ("some weeks are better than others") Dacey has become more active in other ways too. For example, she walks her daughter to school some days (rather than driving). When she goes



You can still find ways to be active when the weather changes. ISTOCK PHOTOS

to work, she parks in a parking garage a couple of floors up so she has to take the stairs.

Ciecwa says incorporating more activity into your life this way is a bonus — and the more the better. But he cautions that it's not a replacement for a structured workout.

He recommends fitness programs that are targeted at raising heart rates, creating balanced bodies, and putting more physical stress on the body. Check out the weights program that Jordan created for Elisha on the Half Off blog at metronews.ca/voices/half-off/

YLVA VAN BUUREN/FOR METRO

Give gifts from the heart this season



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-Chief
Best Health Magazine

In the latest issue of Best Health magazine, we rounded up some beautiful and practical gift ideas, all with a healthy twist. Pick up the issue to find a roundup of items that cover all four of our healthy pillars: Look Great, Get Healthy, Eat Well and Embrace Life.

But we also suggest gifts like donating your time and giving to a charitable organization. According to research from the University of Exeter Medical School in the U.K., volunteering can improve mental health and help you live longer.

Here are three charitable gift ideas.

Plan Canada Gifts of Hope Newborn Checkup, \$30.



Open your heart and wallet. ISTOCK PHOTOS

This home visit will check in with a mom and newborn within the first three days of birth — a crucial time to ensure that baby is thriving and mom is recovering well. Go to plancanada.ca/gifts for more information.

Toms One For One Program.

For every pair of Toms shoes purchased, the company will donate a pair to a child in need.

The company currently donates shoes to people in more than 60 countries. Browse styles and find a retailer near you at toms.ca.

World Vision Christmas Ornament Set (Trio), \$85.

Give a holiday gift that supports African entrepreneurs. One ornament set includes an African water buffalo, a giraffe and an elephant, all made from wire and beads and handcrafted by Kenyan artisans who received a World Vision micro-loan to start their business. For more information, go to worldvision.ca/gifts.

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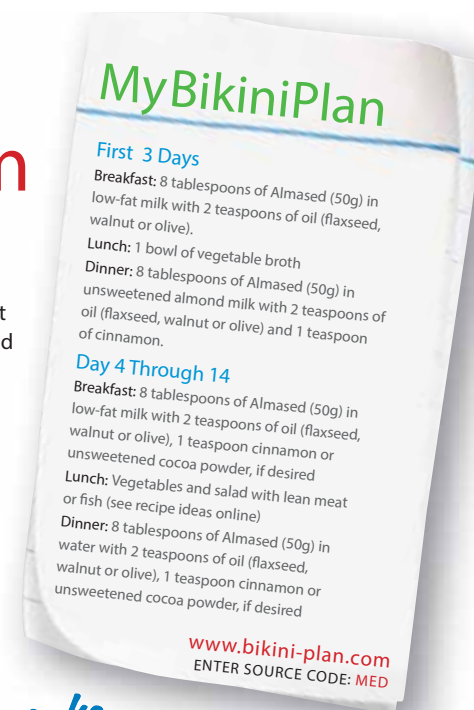
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Frosty the Shortbread Snowman was a very jolly treat

1. Line 3 rimmed baking sheets with parchment paper.

2. Beat butter with icing sugar, vanilla and salt until fluffy. Add flour and mix well. Chill until easy to handle.

3. Measure level 30 ml (2 tbsp) portions into 8 balls for snowman bases; arrange on prepared baking sheet. Measure level 15 ml (1 tbsp) and 10 ml (2 tsp) portions respectively for 8 bellies and 8 heads of

Easy Icing Sugar Glue

Stir 90 ml (6 tbsp) icing sugar with 7 ml (1 1/2 tsp) water. Spoon small dab between balls to assemble snowmen. Use toothpicks to help paste on small items.

snowmen. Arrange on baking sheets. Chill for 30 minutes.

4. Heat oven to 180 C (350 F). In batches, bake largest balls for 18 minutes, medium balls for 15 minutes and smallest balls for 12 minutes or until balls are golden on the bottom and set. Let cool completely.

5. Roll in icing sugar to coat. Create a paste using additional icing sugar and water (see fact box); use to stack and assemble balls into a snowman shape. Decorate as desired with candies. **THE CANADIAN PRESS/ GAY LEA FOODS**

Ingredients

- 375 ml (1 1/2 cups) softened unsalted butter
- 175 ml (3/4 cup) icing sugar (plus extra for decorating)
- 7 ml (1 1/2 tsp) vanilla extract
- 2 ml (1/2 tsp) salt
- 750 ml (3 cups) all-purpose flour
- Mini chocolate chips, gum drops, licorice whips, jelly beans, fruit leather, etc.



This recipe makes eight snow people. **THE CANADIAN PRESS**

Dessert. Original Scottish Shortbread



1. Heat oven to 150 C (300 F).

2. In a bowl, beat butter and sugar until smooth. Gradually add flour, mixing thoroughly after each addition. Knead light-

ly. Wrap tightly in plastic wrap and refrigerate for 1 to 2 hours.

3. On floured surface, roll out dough to about 1/2-inch (1-cm) thickness. Using a cookie cutter or a glass dipped in flour, cut into desired shapes and place on ungreased baking sheet.

4. Bake for 20 to 25 minutes or until golden brown. Immediately transfer to wire racks to cool. **THE CANADIAN PRESS/ THE 50 BEST COOKIE RECIPES BY ESTHER BRODY (ROBERTROSE.CA, 2013).**

Ingredients

- 250 ml (1 cup) softened butter
- 175 ml (3/4 cup) granulated or fruit sugar
- 625 ml (2 1/2 cups) sifted all-purpose flour

Doubling the oats makes them breakfast food, right?

Many people would balk at the idea of eating holiday cookies for breakfast, but this recipe might make you reconsider.

These Double-the-Oats Oatmeal Cookies are so jammed with oats — making them tender and wonderfully chewy and rich — that eating them is like enjoying a morning bowl of oatmeal in the form of a cookie.

Feel free to substitute 1 1/2

Ingredients

- 2 eggs
- 1 tbsp vanilla extract
- 1 cup dark brown sugar
- 1/2 cup granulated sugar
- 1 cup vegetable oil
- 1 1/2 cups all-purpose flour, sifted
- 1 tsp baking soda
- 2 tsp cinnamon
- 1 tsp ground cardamom
- 1/2 tsp salt
- 3 1/2 cups old-fashioned rolled oats (not quick-cooking), divided
- 1 1/3 cups dried cherries
- 1 generous cup pecan halves, coarsely chopped



This recipe makes three dozen cookies. **MATTHEW MEAD/ THE ASSOCIATED PRESS**

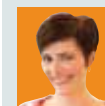
cups of dark chocolate chips and 1 cup of chopped walnuts for the cherries and pecans.

1. Heat the oven to 350 F. Line a baking sheet with kitchen parchment.

2. In a large bowl, whisk the eggs and vanilla until frothy. Add both sugars and the oil. Mix until well blended and

Health Solutions

Let the loafing begin



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

It is loaf season!

And I do not mean the kind of loaf you do on the sofa. I mean the kind you bake a stack of, wrap up and take to every party as a hostess gift.

Banana loaf can be so ho hum but to add a little ho ho ho, think about stirring in one or some of these ingredients:

- Chopped Medjool dates
- Crushed candy canes
- Chocolate covered espresso beans (placed on top when loaf is half baked)
- Grated zucchini
- Chopped pieces of

brie with grated apples
• Cocoa nibs
• Hemp seeds
• Pineapple chunks
• Hot peppers and lime juice (to make a more savoury loaf)

There is no reason the holidays have to be unhealthy or boring. Just a few simple jazzy bits can make all the difference.

Remember to wrap your loaf in plastic and tie it with a pretty ribbon. Everyone likes an edible gift (that they can re-gift and look like a star even though they didn't do a darned thing!).

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO.

SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Having fun at the Xmas work party is a tightrope, need help walking it?

Eat more, drink less.

Gratitude, discipline, light flirting and being yourself is a great start but always remember it's not just some bar, it's your office

JULIA FURLAN

Metro World News

Sure, the halls are decked and there's an array of festive booze ready to be guzzled, but an office holiday party is a ruse. In fact, "office" matters a lot more than "party" in the grand significance of the event. If you're smart, you can make an office holiday party good for your career (and have a little fun, too).

Karen Elizaga is an executive coach and author of *Find Your Sweet Spot: A Guide to Personal and Professional Excellence*, and she says that it's important to walk into the holiday bonanza with a certain amount of decorum. "It's certainly a time to celebrate with your colleagues, but it's definitely not a time for payback," she advises. "I tend to think of these parties as a work event, so I go prepared."

Preparedness doesn't mean arriving with a Santa beer helmet or a naughty little elf outfit. A holiday party is an internal networking event, Elizaga says, so she recommends you walk in with a few topics of conversation prepared — and never on an empty stomach. "If you show up well-fed, the chances of you doing something crazy is much less. Watch your alco-

Be safe, eat beforehand

"If you show up well-fed, the chances of you doing something crazy is much less. Watch your alcohol intake."

Karen Elizaga is an executive coach and author

Be yourself

"You want people to see your personality. It might not shine through (at work) when you're so focused and serious."

Karen Elizaga is an executive coach and author

hol intake."

As the founder of the catering and event planning company *Between the Bread*, Ricky Eisen may have a different perspective from Elizaga, but her first piece of advice is the same: "Don't drink too much."

She also says there's no classier move than for employees to thank the person who planned the party. And if the tinsel and holly aren't really your style, don't mention it, Eisen says. "Respect the effort of the person who put it together, whether or not it's the kind of party you would throw."

Both experts agree on one thing: It's about the people. "You want people to see your personality. It might not shine through (at work) when you're so focused and serious," Elizaga says. Most importantly, just because you're not shotgunning beers doesn't mean you can't revel in the festive spirit: "Make sure you have fun," she says.

Here's some tips to use by the punch bowl ...

Network

"An office party is such a great time to make those connections," Elizaga advises. "Somebody who works outside of your immediate vicinity or who you want to pay special gratitude to because they helped you get something done — it's a really great time to connect."

Be aware of monopolizing people's time

"There may be somebody you want to talk to because you think they can help you professionally, but understand that they want to talk to other people, too. Be cognizant of the time that you're taking," Elizaga



Enjoy! But avoid getting too drunk and making a scene. ISTOCK

reminds revelers.

Say thanks

"If you're attending, make sure you go over to the person who planned it and thank them. I think that goes a huge long way to showing that you have manners and proper etiquette," Eisen suggests.

You can flirt, cautiously

"I think it's perfectly acceptable to make a connection with somebody you've had your eye on at work. But be guided by what's appropriate. This is not some random bar or party you're at. This is your office," Elizaga says.

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How the young make their millions

From social media to sports to grain trading, here's a look at the ways spring chickens build their fortunes these days.

ELISABETH BRAW/METRO WORLD NEWS



Maxim Nogotkov, 36

Maxim Nogotkov has made a \$1.3-billion US fortune from his Svyaznoy mobile phone retail chain. It has some 2,900 stores across Russia, and he has now launched the Svyaznoy Bank as well. In a recent interview, Nogotkov explained that he's trying to move his employees away from the Gazprom attitude, the idea that working for a big company and putting in a certain number of hours per day is the goal.

LeBron James, 28

The world's best basketballer earns \$16 million US per year playing for the Miami Heat, but bags an extra \$33 million through endorsements. According to research firm SportsOneSource, last year sales of James' Nike shoes rose by 50 per cent to \$300 million in the US.



Eduardo Saverin, 31

All of you who've seen The Social Network know him — he's the Facebook co-founder who was cheated out of the company by Mark Zuckerberg, his former best friend. Saverin later sued Facebook and was given five per cent of the company shares. The Rio de Janeiro native later sold a chunk of his Facebook shares and renounced his U.S. citizenship to avoid paying taxes. Though he now lives in Singapore, he remains an active investor.

Andrey Verevskiy, 38

Verevskiy has made \$1 billion US with his Kernel Holding company since he started trading grain at age 19. Today, Kernel is Ukraine's largest agricultural company, a huge feat given that most of Ukraine's big commodity firms are simply ex-state monopolies.



Sean Parker, 33

OK, you may hate his cockiness, but Sean Parker has made a whole lot of money out of nothing. As a teenager, Parker co-founded Napster, the online music downloading site that (though it was illegal) changed the music industry forever. Parker then founded Plaxo, a business-card social networking site. And, in a remarkable comeback, he spotted a new company called Facebook and convinced Mark Zuckerberg to appoint him its first president.

Li Na, 31

The world's second-best paid female athlete, professional tennis player Li Na, can count the 2011 French Open singles title among her victories. She rejected Chinese state support to ensure most of her prize money ends up in her bank account and not in government coffers.



Dreading those long hours at the mall?

Planning. If you let kids help with making lists and doing online research, they can learn lots about budgeting



YOUR MONEY
Alison Griffiths
money@metronews.ca

Talk about humbug! I've never heard so many parents grous-

ing about the holiday season and especially about shopping.

I feel it's my duty to put the sparkle back in the spirit of the holidays. So, instead of dreading hours at the mall, enlist your little darlings to do as much as possible. Allowing them to take

the holiday lead offers the best kind of financial literacy teachable moment. Here's how to set off on the right (and least stressful) foot this season.

The list

Whether it is done via an app or on the back of an envelope, the list is the cornerstone of smart shopping. Children easily get distracted once in the stores; lists keep them focused. Younger children can dress up their lists with a photo of the desired gift next to the person's name. Don't hover, Mom and Dad! Help out with names for their list, then allow them to come up with ideas on their own.

Older kids can use one of the many apps available such as Gift List, My Christmas Shop and Christmas List. They are all well rated and suitable for ado-



Children are easily distracted in stores, but lists can help keep them focused. iStock

lescents through teens. Most keep a running spending total, which is a boon.

The budget

Like macaroni needs cheese, a list needs a budget. Just as children learn language through repetition and context, so they will come to understand they can afford a pair of argyle socks for Grandpa but not an argyle cashmere sweater.

Have older kids do some online price research and surf for coupons and deals. This is the kind of tech challenge most will enjoy. Encourage homemade gifts for all ages.

Again, let them do as much as possible. Kids are natural-born creators.

The shopping

One word — organization. There's still plenty of time. Take two or three shorter shopping trips rather than an all-day marathon. Match the amount spent with what is budgeted. Apps will help with this. Have kids ask for gift receipts, and remember not to micro-manage.

Give children financial responsibility and it won't take long before they help make holiday shopping a more pleasurable experience.

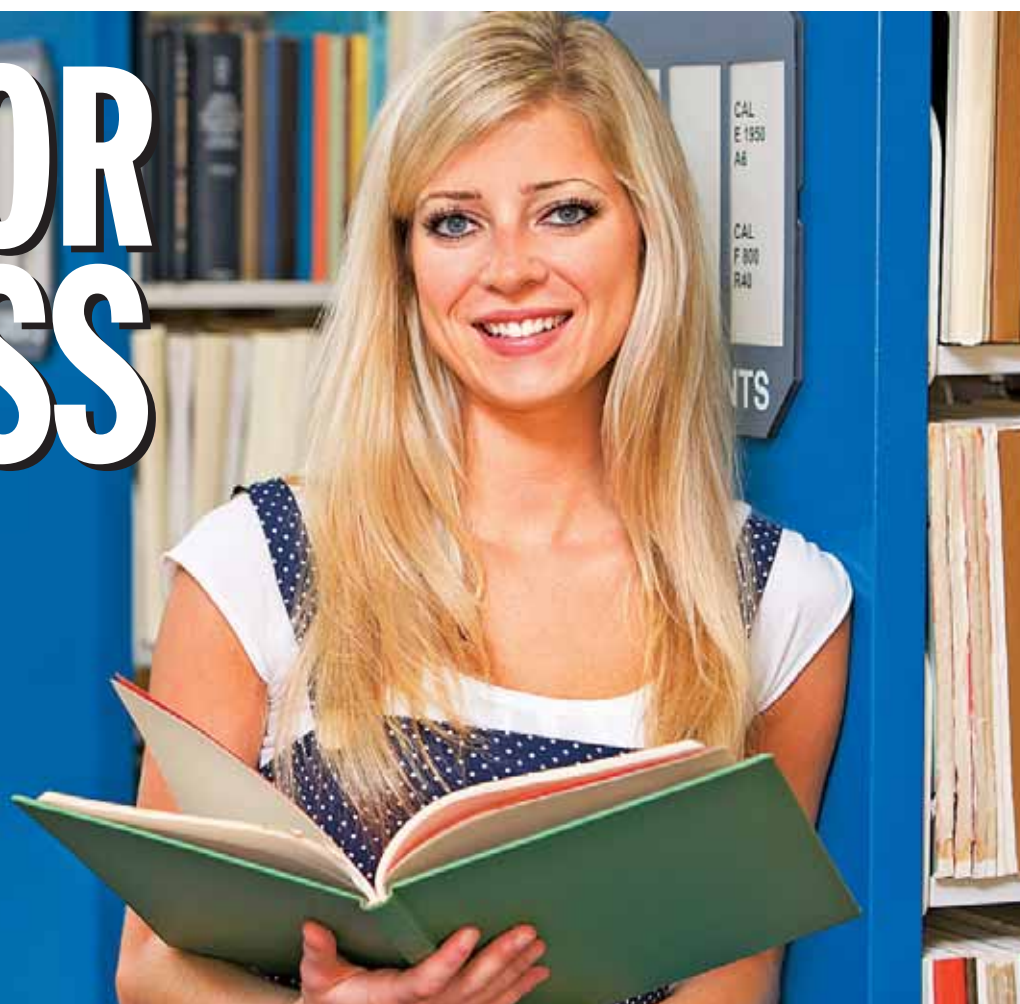
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FOCUS ON THE PROCESS OF PREPARING FOR EXAMS TO ACHIEVE OPTIMUM RESULTS

Andrea Moon, a learning strategist at Ryerson University, offers these tips for students when preparing for exams.

1 Motivate yourself to start. It is often useful to start with a “pre-studying” planning task, whether it is organizing

your lecture notes, making cue cards or outlining a checklist of what needs to be reviewed. This way, you gradually prepare yourself for your study sessions, but also have a better idea of what material you know well and what material requires more attention.

2 Create a study plan. After you have a better sense about the amount of material that needs to be studied, determine how much time

you need to spend on each area and break your time down into manageable shifts. For example, if you have one week to study five chapters, you can commit to studying one chapter a day and use the remaining two days for review.

3 Avoid cramming. Pulling all-nighters is not an effective way of studying. Instead, space your study sessions. If you spread your study sessions across several weeks, you can process the information more efficiently.

4 Apply your knowledge. Use what you have learned before you forget it. Trust what you know and practise interacting with the information. Make connections between the things you learned instead of just memorizing facts — try to link what you are studying to real-life situations.

5 Choose your study space wisely. Study somewhere you know you will be productive and will be faced with fewer distractions. Equip yourself with any tools you will need (laptop, books, cue cards, pens) as well as water and a snack in case you get hungry.

6 Banish smartphones and tablets. If you tend to be distracted by these items, remove them from your study zone while you are hitting the books. Turn off your phone and log out of social media sites.

7 Schedule study breaks. Plan short breaks between your study sessions. Fifteen to 20 minutes of walking, playing chess, or kicking around a soccer ball will help you work other parts of your brain and you will feel more refreshed and alert when you return to studying.

— Metro News Services



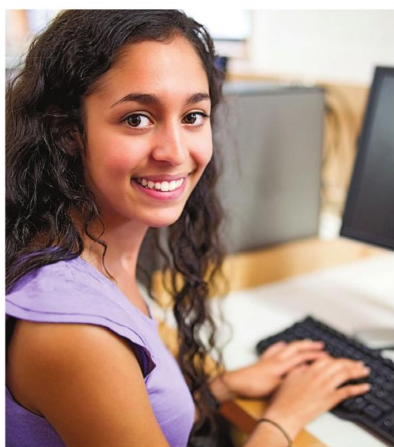
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TRAIN FOR CAREERS THAT ARE IN DEMAND

According to Digital School Technical Design College, the demand for qualified CAD (computer-aided design) professionals is still on the rise.

"Companies are continually contacting us, looking for qualified graduates and they don't care when the person started their program," says Brady Sylvester, assistant manager of Digital School. "They just want someone who is trained to do the job."

By enrolling in the six-month comput-

er-aided drafter certificate now, students could graduate by the end of June and someone starting the 12-month architectural or engineering CAD technician diploma would be completed by next January.

Sylvester says a student starting in September at a traditional college won't complete that program until May 2016.

"Employers have positions that need to be filled, and the sooner you can complete your training, the more likely you are to get hired," Sylvester says.

Digital School offers CAD courses that include computer-aided drafter certificate, architectural CAD technician diploma, and engineering CAD technician diploma with process piping specialization.

Digital School is also now offering building information modelling (BIM) training, which is increasingly becoming an industry standard in the future of CAD.

For more information about Digital School, or to speak to an admissions adviser, visit digitalschool.ca.

HELPING STUDENTS AT ANY STAGE OF LEARNING

NorQuest College's foundational programming prepares learners for educational and career success.

Take the example of Gaspard Momba, who has come a long way since arriving in Edmonton from his native Democratic Republic of Congo two and a half years ago.

"When I first came to Canada, I didn't speak any English," Momba says. "I didn't know anyone here and was afraid to go out, so I just stayed home."

Things started to change once he entered NorQuest College's language instruction for newcomers to Canada (LINC) program. LINC assists recent immigrants to Alberta by offering basic English literacy classes.

The program concentrates on the language skills needed to integrate into community life and work in Canada.

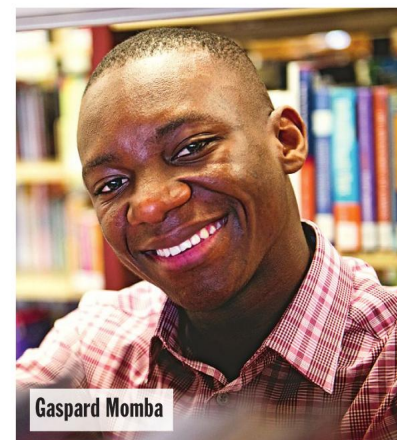
Momba then enrolled in the college's youth in transition (YIT) program, which helps students increase their academic

and personal communication skills to support a smooth transition into an adult learning post-secondary environment.

"I enrolled for the YIT program but I didn't take it because my score was higher than the average expected," Momba says. "As a result, I was moved up to academic upgrading."

Academic upgrading prepares students for further education or to pursue more rewarding livelihoods.

For more, visit norquest.ca.



Gaspard Momba

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Classes in all programs at Robertson College start in February, but seats are filling quickly.

Robertson College is focused on the success of each student.

“We have small classes allowing for personal and individualized attention,” Reid says. “This allows the students to obtain the levels of certification which employers are looking for.”

To ensure maximum student success, Robertson offers assistance in job searching to help graduates find employment upon completion of their training.

With no wait lists at Robertson College, starting your education can be easier than expected.

For more information about the programs available at Robertson College or to apply, visit robertsoncollege.com.



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SOCIAL WORK OFFERS OPPORTUNITIES

As the only social work degree granting faculty in the province, the University of Calgary faculty of social work offers both undergraduate and graduate-level education from its Edmonton location.

Social work offers a number of different employment opportunities in a number of different fields, but one factor remains constant throughout — it is a career for those looking to make a difference in the lives of others.

“Social workers are committed to mak-

ing the world a more just and equitable place,” says Rick Enns, associate dean in the central and northern Alberta region for the faculty of social work, University of Calgary.

Social workers often work alongside marginalized and vulnerable individuals and communities, which Enns says is a rewarding career for those who are up to the challenge.

The undergraduate BSW program is a full-time program and students are

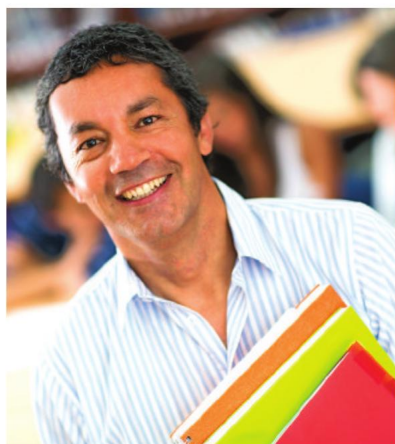
admitted every year. The graduate MSW program admits students with social work and non-social work degrees in the fall term each odd-numbered year, with the next intake in 2015.

MSW courses are offered on weekends and in block week and online formats so students can continue to work full time while in the program, with the exception of the field component.

For more information, please visit fsw.ucalgary.ca/fswcentralandnorth.



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ANDRESR/SHUTTERSTOCK

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Jarvis says a qualified person could walk into an Academy of Learning campus and start a diploma or certificate program the following Monday.

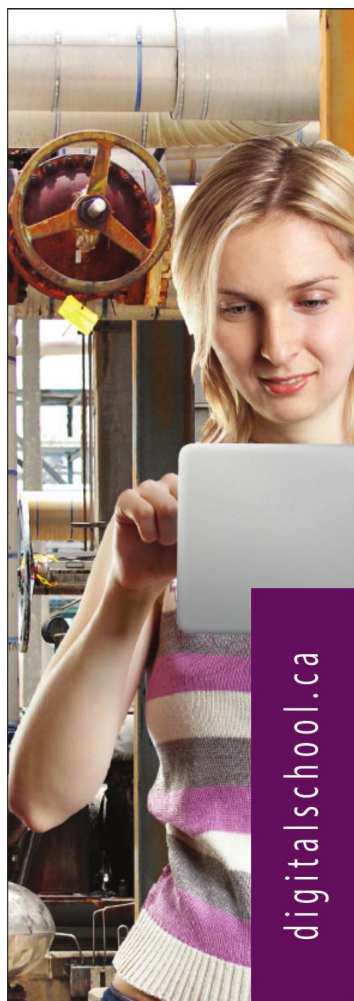
Academy of Learning is a business and career college that offers diplomas in a variety of programs in less than a year in fields that are in demand for both

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A career in the trades starts with NAIT's job readiness courses.

NAIT continuing education offers a number of job readiness courses in the trades to select from, including sheet metal.

Sheet metal workers typically work with a range of materials including plastic, stainless steel, copper, PVC, black iron, galvanized steel and fiberglass. They are generally employed by HVAC contractors in residential, commercial and industrial settings, or become self-employed. Provincial employers are actively seeking workers and support the job readiness course as a great way for individuals to get a jump-start into the trade and a successful career.

NAIT recently opened a newly renovated and enlarged sheet metal shop in response to the growing number of apprentices. The new space is bright, large and fully equipped to train apprentices and job readiness students.

"The sheet metal job readiness course is an ideal way into the trade," says Gary Kesenheimer, associate chair of the NAIT sheet metal department. "Students get practical experience that they can demonstrate



CONTRIBUTED

to an employer and land a job. We have the equipment and instructors here to get people into a great career path."

Darren Broesky, NAIT graduate and sheet metal journeyman, who is a co-owner of Total Plumbing & Heating, speaks

highly of the sheet metal trade.

"You get to do your own designs and learn about building construction. It's clean and creative and at the end you appreciate what you build. Every job is unique and challenging."

There are many career options for sheet metal trades workers, including furnace and ductwork installation, furnace and air conditioning servicing and retro-fitting of residential and commercial heating systems. Opportunities exist in custom metal or sign fabrication, stainless steel kitchen and industrial fabrication, and roofing systems, while other sheet metal journeymen move into health and safety, site supervision, human resources or training roles. Regardless of what area you choose to practise your trade in, NAIT's job readiness courses will prepare you for a rewarding career.

The sheet metal job readiness course runs part time during evening hours over a two-month period. Upon successful completion graduates earn a certificate they can present to potential employers demonstrating they have gained practical experience and have the commitment to enter into a sheet metal apprenticeship.

Sheet metal job readiness (SMTL702) runs Feb. 11 to March 27, 2014, on Tuesdays and Thursdays from 6-9 p.m.

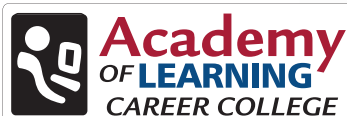
For more information, or to register, call 780-471-6248 or visit nait.ca/ConEd.

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NHL



"I don't plan on being extremely emotional, but I don't know.... I guess I don't rule it out." Former Flames captain Jarome Iginla, who plays his first game in Calgary as a Boston Bruin on Tuesday since being traded last spring.

NHL

Knee lands Neal five-game ban

The NHL has suspended Pittsburgh Penguins forward James Neal for five games for kneeing Boston forward Brad Marchand in the head. The incident occurred in the first period of Boston's 3-2 home win over Pittsburgh on Saturday.

THE CANADIAN PRESS



The Penguins' James Neal knees Brad Marchand on Saturday in Boston. GETTY IMAGES

Baseball Hall of Fame

Managing legends Cooperstown bound

Joe Torre, Tony La Russa and Bobby Cox, baseball's winningest managers over the past four decades, were unanimously elected to the Hall of Fame on Monday by the expansion era committee.

Each won more than 2,000 games and was se-

lected on all 16 ballots when the committee met Sunday ahead of baseball's winter meetings.

"Managing against them, you certainly learned things," said Torre, now an executive vice-president for Major League Baseball. "I am honoured to go into the Hall with these two guys."

Induction ceremonies will be held July 27 in Cooperstown, N.Y.

THE ASSOCIATED PRESS

Perron's impact apparent

NHL. Already one of Edmonton's best two-way players, first-year Oiler also providing steady offence

They've got three of their own No. 1 draft picks on their roster but it's a former St. Louis Blues first-round selection who has quietly emerged as the Edmonton Oilers' leading scorer.

Edmonton picked up David Perron from St. Louis last summer, and the 2007 first-round selection, despite missing four games with a neck injury, has 12 goals and 25 points for the Oilers (10-18-3).

What's more, the 25-year-old is just one of three players on the squad not on the negative side of the plus-minus rating.

"It's only 25-30 games so I don't want to go ahead of schedule," said the native of Sherbrooke, Que. "I want to keep going, keep working hard and help this team."

"I like the way it's going lately with the team and with a lot of the individual play so

we have to keep it up."

But Edmonton first-year coach Dallas Eakins said Perron is more than just an offensive player. The Oilers landed Perron from the Blues for Swedish-born forward Magnus Paajarvi and a '14 second-round pick.

"I love his competitiveness," Eakins said. "As much skill as he has, he's got that little bit of nasty in him."

Eakins adds the seven-year veteran has wasted no time becoming a leader in the dressing room. However, the six-foot, 198-pound Perron admits he's frustrated with the Oilers' inconsistent play this season.

"I know it's frustrating for everybody but we're trying not to get on that roller-coaster," said Perron.

"We're trying to stay on an even keel. We're trying to find that good balance."

That's been difficult for an Edmonton team that's alternated wins with losses over its last eight games. The Oilers continue their five-game homestand Tuesday night hosting the Carolina Hurricanes.

At no time, perhaps, was their inconsistency more evi-

Three stars nod for Hall

Forwards Jeff Skinner of the Carolina Hurricanes and Taylor Hall of the Edmonton Oilers as well as Vancouver Canucks goalie Roberto Luongo were named the NHL's three stars of the week.

- Skinner had five goals and an assist in leading Carolina to three wins to capture the first star.
- Hall registered four goals and two assists in three contests for the second star and Luongo had a 3-0-0 record and 1.30 goals-against average for third place.

dent than last week — a 6-2 loss to Phoenix on Tuesday, then an 8-2 win over Colorado on Thursday. The Oilers followed that up with a 2-1 overtime loss to Calgary.

"I don't know if it's a case of (players) saying it doesn't matter what the system is, I'm going to do it myself, but there's just too many turnovers," said Perron. "It's probably throughout the year some of these guys are so good it's almost like — and I'm guilty of it once in a while also — that you want to show you can take care of the game, you want to step up and be the difference maker." THE CANADIAN PRESS



David Perron has exceeded expectations so far on another disappointing Oilers team. HARRY HOW/GETTY IMAGES

More not always better

"I know we want to make plays but we have to be smart and keep plays going."

Oilers forward David Perron



2013 Lou Marsh award winner Jon Cornish THE CANADIAN PRESS

Cornish never banked on Lou Marsh honour

No one was more surprised by Jon Cornish capturing the 2013 Lou Marsh award as Canada's top athlete than the Calgary Stampeder running back himself.

Cornish narrowly defeated Milos Raonic, the first Canadian men's singles tennis player to achieve a top-10 world ranking, and Kaillie Humphries, who dominated the women's

bobsled circuit this season, for the honour.

"I really didn't know anything was going on, I was just getting ready to go for a day of work," said Cornish, employed as a bank rep in Calgary during the off-season. "But then (Stampeder communications director) Jean Lefebvre called and informed me that I had been selected.... This was a nice little

addition to my day."

And in a truly CFL moment, the 29-year-old Cornish spoke to reporters during a conference call while on a break at the bank Monday.

Cornish became just the third Canadian to win the CFL's outstanding player award after rushing for 1,813 yards.

The native of New Westminster, B.C., also led the league

with 2,157 yards from scrimmage and 14 TDs en route to being named the CFL's top Canadian.

He's the first Canadian to win the CFL's top player award since Ottawa Rough Riders tight end Tony Gabriel in 1978 and the first CFL player to claim the Lou Marsh since legendary Ottawa QB Russ Jackson in 1969. THE CANADIAN PRESS

Doc ends career where it began

Roy Halladay retires.
Pitching great signs
1-day deal with the
Blue Jays, bids farewell
to life as a player

In the end, Roy Halladay went back to his major-league roots.

Halladay signed a one-day contract with the Toronto Blue Jays on Monday that allowed the veteran right-hander to retire as a member of the team with which he broke into the majors and spent the bulk of his distinguished 16-year career. Halladay made the announcement at a news conference in Lake Buena Vista, Fla., site of the baseball meetings.

"As most people know, I was very lucky to have a lot of people in the organization really develop and help me become the player I was able

to become," Halladay said at a press conference. "And (with) the organization and the support of the organization, from the front office to the coaches to the players, it really turned my career around and it made a big difference in my career and that's why I'm very fortunate to retire as a Blue Jay."

Halladay spent his final four major-league seasons with the Philadelphia Phillies and went to great lengths to express his sincere gratitude to that organization and its fans. However, he also said he wouldn't have been able to get a shot with a World Series contender if not for the Blue Jays.

Halladay was drafted 17th overall by Toronto in 1995 and made his major-league debut three years later as a September call-up.

Halladay amassed a career record of 203-105 in 416 games, 390 being starts, and an ERA of 3.38. **THE CANADIAN PRESS**

Path to greatness

- **1998.** Halladay debuts in the big leagues, winning both of his starts, including a near no-hitter.
- **2000.** He had 10.64 ERA in just 67 innings pitched.
- **2001.** Instead of giving up on him, Toronto sent Halladay to single-A Dunedin to rebuild his pitching mechanics. That was considered the turning point in his career, and he returned to the Jays in July.
- **2002.** Doc went 19-7 with a 2.93 ERA while earning the first of eight all-star selections.
- **2003.** He won his first Cy Young with a spectacular 22-7 record and 3.25 ERA.



Two-time Cy Young Award-winner Roy Halladay announced his retirement after 16 seasons in the major leagues in Lake Buena Vista, Fla., on Monday. **JOHN RAOUX/THE ASSOCIATED PRESS**

NFL

Shanahan mulling over benching RG3

Washington Redskins head coach Mike Shanahan made a surprising reversal Monday and said he might bench a "100 per cent" healthy Robert Griffin III for the rest of the season to keep the quarterback from getting hurt.

Shanahan essentially declared it might be more beneficial for Griffin to get off-season snaps in May rather than game experience over the next three weeks. The coach, for the first time, then explicitly left open the possibility that he might not return next year, saying his future will be decided after he meets with owner Dan Snyder at the end of the season.

Shanahan's departure appears more likely than ever after the Redskins (3-10) were embarrassed 45-10 by the Kansas City Chiefs on Sunday, a fifth straight loss that ensures a third season of double-digit losses in the coach's four seasons in Washington.

Asked if Griffin is healthy now, Shanahan said: "I think he's 100 per cent. I think he's feeling very good."

THE ASSOCIATED PRESS

NFL. McCown's hot hand helps Bears leave Cowboys out in the cold

Neither the brutal cold nor one of the league's worst defences could stop Josh McCown and the Chicago Bears.

McCown threw for a career-high four touchdowns, and the Bears scored on their first eight possessions to grab a share of the NFC North lead with a 45-28 victory over the Dallas Cowboys on a frigid Monday night.

The Bears (7-6) retired Hall of Famer Mike Ditka's number at halftime and pulled even with Detroit in the division race on a night when the wind-chill factor was below zero Fahrenheit. Dallas (7-6) fell a game behind Philadelphia in the NFC East.

The conditions didn't stop McCown from throwing for 348 yards or keep the Bears from running away with a lopsided victory after consecutive losses.

Alshon Jeffery's leaping catch between two defenders in the corner of the end zone in the closing seconds of the second quarter gave the Bears a 24-14 lead, and they continued to pour it on in the second half after a gut-wrenching overtime loss at Minnesota last week.

McCown, making his



Bears receiver Alshon Jeffery hauls in a touchdown against the Cowboys on Monday in Chicago.

JONATHAN DANIEL/GETTY IMAGES

fourth straight start with Jay Cutler sidelined by a high left ankle sprain, completed 27 of 36 passes.

Brandon Marshall caught six passes for 100 yards, and Jeffery added 84 yards receiving after breaking his own team record the previous week with 249.

Matt Forte chipped in with 102 yards rushing and 73 receiving, and the Bears racked up 490 yards in all.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	30	20	8	2	84	61	42
Montreal	31	19	9	3	85	65	41
Detroit	31	15	9	7	85	82	37
Tampa Bay	29	17	10	2	80	70	36
Toronto	31	16	12	3	86	87	35
Ottawa	31	12	14	5	91	103	29
Florida	31	9	17	5	70	104	23
Buffalo	30	6	22	2	51	91	14

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	32	21	10	1	98	71	43
Washington	30	16	12	2	92	85	34
Carolina	30	13	12	5	71	84	31
NY Rangers	31	15	15	1	69	80	31
New Jersey	31	12	13	6	69	77	30
Philadelphia	30	13	14	3	68	78	29
Columbus	30	12	15	3	73	82	27
NY Islanders	30	8	17	5	75	104	21

Monday's results

Pittsburgh 2 Columbus 1
Ottawa 5 Philadelphia 4 (SO)
NY Islanders at Anaheim
Carolina at Vancouver

Sunday's results

Minnesota 3 San Jose 1
Chicago 6 Florida 2
Boston 5 Toronto 2
Washington 4 NY Rangers 1
Vancouver 3 Colorado 1

Tuesday's games

All Times Eastern

Los Angeles at Montreal, 7 p.m.
Tampa Bay at Washington, 7 p.m.
Ottawa at Buffalo, 7 p.m.
New Jersey at Columbus, 7 p.m.
Nashville at NY Rangers, 7:30 p.m.
Detroit at Florida, 7:30 p.m.
St. Louis at Winnipeg, 8 p.m.
Chicago at Dallas, 8:30 p.m.
Phoenix at Colorado, 9 p.m.
Boston at Calgary, 9:30 p.m.
Carolina at Edmonton, 9:30 p.m.
NY Islanders at San Jose, 10:30 p.m.

Wednesday's games

Los Angeles at Toronto, 7:30 p.m.
Philadelphia at Chicago, 8 p.m.
Minnesota at Anaheim, 10 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	32	21	6	5	116	89	47
St. Louis	28	19	6	3	98	66	41
Minnesota	32	18	9	5	77	75	41
Colorado	28	20	8	0	82	65	40
Dallas	28	14	9	5	81	80	33
Winnipeg	31	14	13	4	82	88	32
Nashville	30	13	14	3	67	88	29

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	32	20	7	5	101	84	45
San Jose	30	19	6	5	101	75	43
Los Angeles	30	19	7	4	79	62	42
Vancouver	32	17	10	5	86	81	39
Phoenix	29	16	8	5	94	93	37
Calgary	29	11	14	4	78	98	26
Edmonton	31	10	18	3	84	105	23

Note: Two points for a win, one point for overtime loss.

Thursday's games

Montreal at Philadelphia, 7 p.m.
Columbus at NY Rangers, 7 p.m.
Buffalo at Ottawa, 7:30 p.m.
Detroit at Tampa Bay, 7:30 p.m.
Toronto at St. Louis, 8 p.m.
Dallas at Nashville, 8 p.m.
Colorado at Winnipeg, 8 p.m.
Carolina at Calgary, 9 p.m.
NY Islanders at Phoenix, 9 p.m.
Boston at Edmonton, 9:30 p.m.
Minnesota at San Jose, 10:30 p.m.

NFL

Monday's result

Chicago 45 Dallas 28
Sunday's results
Kansas City 45 Washington 10
Baltimore 29 Minnesota 26
Tampa Bay 27 Buffalo 6
N.Y. Jets 37 Oakland 27
Miami 34 Pittsburgh 28
New England 27 Cleveland 26
Cincinnati 42 Indianapolis 28
Green Bay 22 Atlanta 21
Philadelphia 34 Detroit 20
Denver 51 Tennessee 28
San Diego 37 N.Y. Giants 14
San Francisco 19 Seattle 17
Arizona 30 St. Louis 10
New Orleans 31 Carolina 13

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	18	3	.857	—
d-Miami	16	5	.762	2
Atlanta	11	10	.524	7
d-Boston	10	12	.455	8 ^{1/2}
Detroit	10	11	.476	8
Charlotte	10	11	.476	8
Washington	9	11	.450	8 ^{1/2}
Chicago	8	10	.444	8 ^{1/2}
Toronto	7	12	.368	10
Cleveland	7	13	.350	10 ^{1/2}
Philadelphia	7	15	.318	11 ^{1/2}
Orlando	6	14	.300	11 ^{1/2}
Brooklyn	6	14	.300	11 ^{1/2}
New York	5	14	.263	12
Milwaukee	4	16	.200	13 ^{1/2}

WESTERN CONFERENCE

	W	L	Pct	GB
d-Portland	17	4	.810	—
Oklahoma City	15	4	.789	1
d-San Antonio	15	4	.789	1
d-L.A. Clippers	14	8	.636	3 ^{1/2}
Houston	15	7	.682	2 ^{1/2}
Denver	13	8	.619	4
Dallas	13	8	.619	4
Phoenix	11	9	.550	5 ^{1/2}
Golden State	12	10	.545	5 ^{1/2}
L.A. Lakers	10	10	.500	6 ^{1/2}
New Orleans	9	10	.474	7
Memphis	9	10	.474	7
Minnesota	9	11	.450	7 ^{1/2}
Sacramento	5	13	.278	10 ^{1/2}
Utah	4	18	.182	13 ^{1/2}

x - clinched playoff berth; y - division; z - conference.

Monday's results

L.A. Clippers 94 Philadelphia 83
Charlotte 115 Golden State 111
Denver 75 Washington 74
Orlando at Memphis
Portland at Utah
Dallas at Sacramento
Sunday's results
Boston 114 New York 73
Miami 110 Detroit 95
Houston 98 Orlando 88
Oklahoma City 118 Indiana 94
Toronto 106 L.A. Lakers 94
Tuesday, December 10
San Antonio at Toronto, 7 p.m.
New York at Cleveland, 7 p.m.
Miami at Indiana, 7 p.m.
Minnesota at Detroit, 7:30 p.m.
Oklahoma City at Atlanta, 7:30 p.m.
Boston at Brooklyn, 7:30 p.m.
Milwaukee at Chicago, 8 p.m.
Phoenix at L.A. Lakers, 10:30 p.m.

Horoscopes

Aries

March 21 - April 20

Avoid wishful thinking today. Cosmic activity in areas of your chart that deal with self-deception could lead to silly mistakes. Reality is what it is. There is no need to embellish it or wish it were something different.

Taurus

April 21 - May 21

Be careful what you say if someone asks for advice. Make sure what you tell them comes from your experience and is not something you picked up from an unreliable source.

Gemini

May 22 - June 21

You seem to be getting through a lot of work, which is good. But you won't be able to keep up this pace. Think of ways you can ease back a little. You need to stay sharp, both mentally and physically.

Cancer

June 22 - July 23

You don't lack for confidence or ideas but there is a danger today that you could mislead yourself about the true state of your affairs. Think positive by all means but don't let wishful thinking take a hold on you.

Leo

July 24 - Aug. 23

Sit down and have a heart-to-heart talk with someone you care for. A lot has been said and done in recent days, and the time has come to clear the air. Be honest about your feelings.

Virgo

Aug. 24 - Sept. 23

You are in a carefree mood and should cheer up loved ones who do not share your happy-go-lucky outlook. You can't change the world but you can make people smile.

Libra

Sept. 24 - Oct. 23

Can you trust your senses? Most of the time. But today you would be wise to question what your eyes and ears tell you. Are you seeing and hearing what's really there?

Scorpio

Oct. 24 - Nov. 22

Start something new. Yes, you have failed to follow through so many times in the past but this time will be different. What happened to all those big ideas you had? They're still there.

Sagittarius

Nov. 23 - Dec. 21

Your mind may be bubbling with a dozen great ideas but if you try to follow them all, you will get nowhere fast. Decide what is the one aim that means the most to you then put your heart and soul into it.

Capricorn

Dec. 22 - Jan. 20

Make sure you deal only with people who are original today. Some of their ideas may be a little way out for your more traditional tastes but no matter, they will encourage you to try a few creative tricks of your own.

Aquarius

Jan. 21 - Feb. 19

Bring your plans up to date. Sit down with a pen and paper, and write down your top three objectives. Then map out how you are going to get from where you are now to where you want to be.

Pisces

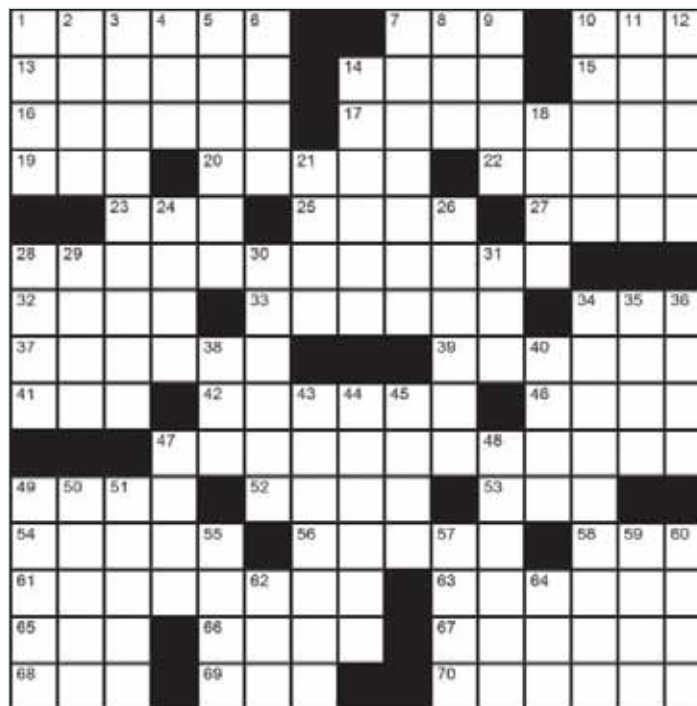
Feb. 20 - March 20

If you are thinking of taking a trip, that's good, but keep your plans flexible. Last minute changes are more likely than not over the next 24 hours, so be prepared. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Return to a place: 2 wds.
7. Wildebeest
10. Ferrell's festive flick
13. "The Middle" star Patricia
14. Pictured
15. Ms. Leoni
16. Use sticky stuff then decide to peel away from it
17. Valley on Vancouver Island; also, a beautiful sweater from there
19. Crop
20. Persist
22. An 'it'
23. Here: French
25. Associations [abbr.]
27. Pretends
28. Lake Manicouagan in Quebec is ring-shaped because it's a what from 215 million years ago?: 2 wds.
32. Car's need
33. Canadian author Mr. Choy
34. "_, _ don't." (Retort to "Yes, you do.")
37. "The ___ Know" by Collective Soul
39. Nice
41. Nav. designation
42. "Clever fellow!": 2 wds.
46. Has to pay



47. Leader of the Green Party of Canada: 2 wds.
49. Gumbo ingredient
52. Pre-midnight, ___ 'clock
53. One: Spanish
54. De-crease
56. Repenters
58. Tea, in Tadoussac

61. English folklore hero: 2 wds.
63. Old Testament's Book of ___
65. Disney deer
66. Latin hymn: "Dies ___"
67. Aviators
68. Actor Mr. Shepard
69. No ___ intended

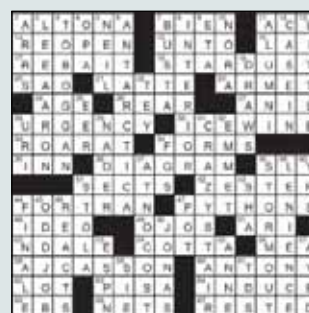
70. ___ identity
- Down**
1. Ra's al ___ (Batman foe)
2. Prefix meaning 'Wine'
3. Kilt-wearing musicians
4. Nfld's ocean
5. Daytime talk host

- Katie
6. Human 'cap' site
7. Hannah ___, Canadian singer
8. ___ and improved
9. Division
10. Moral principle
11. Resembled the Tower of Pisa
12. Dracula costume

- must-haves
14. Move along quickly
18. Overdo, as steak
21. ___-Cola
24. Ring up
26. Stuff with food
28. "Don't mind ___ do." (That'd be great for us)
29. Subatomic particle
30. Dusky
31. WSW opposite
34. Mary, on December 25th, way back when: 2 wds.
35. Vitamins brand, ___ Day
36. ___-bitsy
38. Internet hookup letters
40. Mindy of "The Facts of Life"
43. Canada's men's Olympic hockey team GM, Steve ___
44. "The Blue ___" by Johann Strauss
45. Hautbois
47. Direction
48. Scrap
49. Chose
50. Sweden's money
51. House-selling company
55. Boat
57. Sporty whistle blowers
59. Present
60. Once, poetically
62. South American country, for short
64. ___-Tac-Toe

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

MAX: -17°
MIN: -17°

WEDNESDAY

MAX: -13°
MIN: -18°

THURSDAY

MAX: -8°
MIN: -14°



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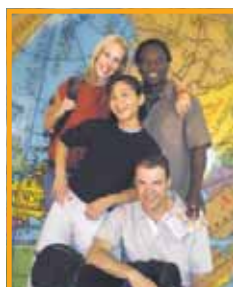
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Exceptional Offers: A Credit Allowance of up to \$2,000² on C-Class + we've taken an additional 1% off our M-Class lease and finance rates. Only until December 31st.

AVANTGARDE EDITION INCLUDES:

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- Sliding Glass Pop-up Sunroof



THE 2014 ML 350 BlueTEC 4MATIC™.
TOTAL PRICE¹: \$64,040**

FINANCE APR	LEASE APR	LEASE PAYMENT
2.9%	4.9%	\$768*
60 MONTHS	36 MONTHS	\$7,517* DOWN

¹Taxes extra.



THE 2014 C 300 4MATIC™ AVANTGARDE EDITION.
TOTAL PRICE¹: \$44,890**

FINANCE APR	LEASE APR	LEASE PAYMENT		
0.9%	2.9%	\$358*	+	\$2,000²
60 MONTHS	39 MONTHS	\$8,130* DOWN		YEAR END CREDIT ALLOWANCE

¹Taxes extra.



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© 2013 Mercedes-Benz Canada Inc. 2014 C 350 4MATIC™ Avantgarde Edition Sedan/2014 ML 350 BlueTEC 4MATIC™ shown above, National MSRP \$52,800/\$61,400. **Total price of \$44,890/\$64,040 includes freight/PDI \$1,995, dealer admin fee of \$495, air-conditioning levy of \$100, EHF tires of up to \$16, PPSA up to \$27.80 and AMVIC fee of \$6.25. *Additional \$2,000 Year End Credit Allowance applicable to lease, finance and cash purchases on 2014 C-Class Sedan models (excluding AMG). *Lease offers based on the 2014 C 300 4MATIC™ Avantgarde Edition/2014 ML 350 BlueTEC 4MATIC™ available only through Mercedes-Benz Financial Services on approved credit for a limited time. Lease example based on \$358/\$768 per month for 39/36 months. Down payment of \$8,130/\$7,517 plus security deposit of \$400/\$800 and applicable taxes due at lease inception. MSRP starting at \$42,250/\$61,400. Lease APR of 2.9%/4.9% applies. Total obligation is \$22,464/\$35,936. 18,000 km/year allowance (\$0.20/km/\$0.30/km for excess kilometres applies). Finance example is based on a 60-month term with a finance APR of 0.9%/2.9% and an MSRP of \$42,250/\$61,400. Monthly payment is \$623/\$990 (excluding taxes) with \$6,865/\$8,777 down payment. Cost of borrowing is \$842/\$4,170 for a total obligation of \$44,204/\$68,179. Vehicle license, insurance, and registration are extra. Dealer may lease or finance for less. Offers may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offers end December 31st, 2013.